

Integrating Wellness for New Communities

Presentors

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This workshop will provide an overview of a statewide community based, multi-level intervention designed to support the healthy integration of refugees into the Commonwealth. Interventions are focused on developing leadership skills that create community based psychosocial supports and advocates for equitable access and services for refugees seeking mental health services

<http://www.npr.org/2016/04/13/474050028/who-study-mental-illness-is-as-much-of-a-global-threat-as-infectious-deases>

Virginia Healing Partnership



Background

- The Commonwealth of Virginia receives about 2,000 refugees every year.
- A refugee is someone who “owing to a well founded fear of being persecuted for reasons of race, religion, nationality, membership to a particular social group or political opinion, is **outside of the country of his nationality**, and is unable to, or owing to such fear, is unwilling to avail himself of the protection of that country.” (UNCHR)

Causes

Natural

- Earthquake, Floods, Typhoons, Etc (Haiti)

Man-made

- Civil War (Sudan, South Sudan)
- Ethnic cleansing (Bhutan)
- Religious persecution (Middle East)
- Political persecution (Cuba)
- Severe economic deprivation (Famine in Ethiopia)
- Violence (Unaccompanied Minors Crisis)

Refugee Admission in the U.S.

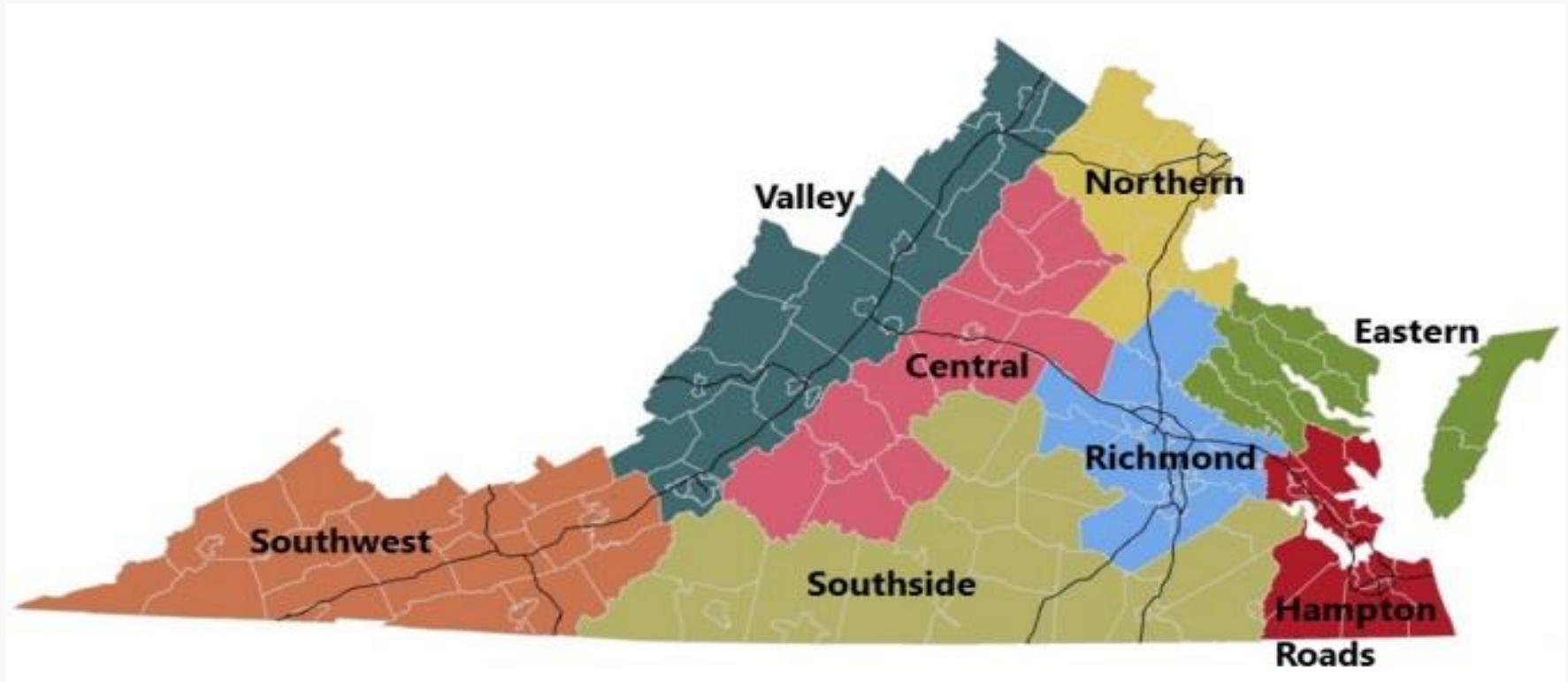
Table 1. Top Ten Origin Countries of Refugee Arrivals, FY 2013-15

2015			2014			2013		
Country	Number	Percent	Country	Number	Percent	Country	Number	Percent
Burma	18,386	26.3	Iraq	19,769	28.2	Iraq	19,488	27.9
Iraq	12,676	18.1	Burma	14,598	20.9	Burma	16,299	23.3
Somalia	8,858	12.7	Somalia	9,000	12.9	Bhutan	9,134	13.1
Dem. Rep. Congo	7,876	11.3	Bhutan	8,434	12.1	Somalia	7,608	10.9
Bhutan	5,775	8.3	Dem. Rep. Congo	4,540	6.5	Cuba	4,205	6.0
Iran	3,109	4.4	Cuba	4,062	5.8	Iran	2,578	3.7
Syria	1,682	2.4	Iran	2,846	4.1	Dem. Rep. Congo	2,563	3.7
Eritrea	1,596	2.3	Eritrea	1,488	2.1	Sudan	2,160	3.1
Sudan	1,578	2.3	Sudan	1,315	1.9	Eritrea	1,824	2.6
Cuba	1,527	2.2	Afghanistan	753	1.1	Ethiopia	765	1.1
All other countries, including unknown	6,870	9.8	All other countries, including unknown	3,182	4.5	All other countries, including unknown	3,302	4.7
Total	69,933	100.0	Total	69,987	100.0	Total	69,926	100.0

Source: MPI analysis of WRAPS data.

Refugees in Virginia

<https://www.youtube.com/watch?v=dOgdGZC18Q0>



Statewide Community-Based Interventions

- Trauma Informed Cross Cultural Psychoeducation
- Mental Health English as a Second Language
- Navigating the Virginia Behavioral Health System
- Mental Health Prevention Training
 - Community Mental Health Awareness Session
 - Question-Persuade-Refer Gatekeepers Program
- Qualified Cultural Navigator

TICCP

(Trauma Informed Cross Cultural Psychoeducation)

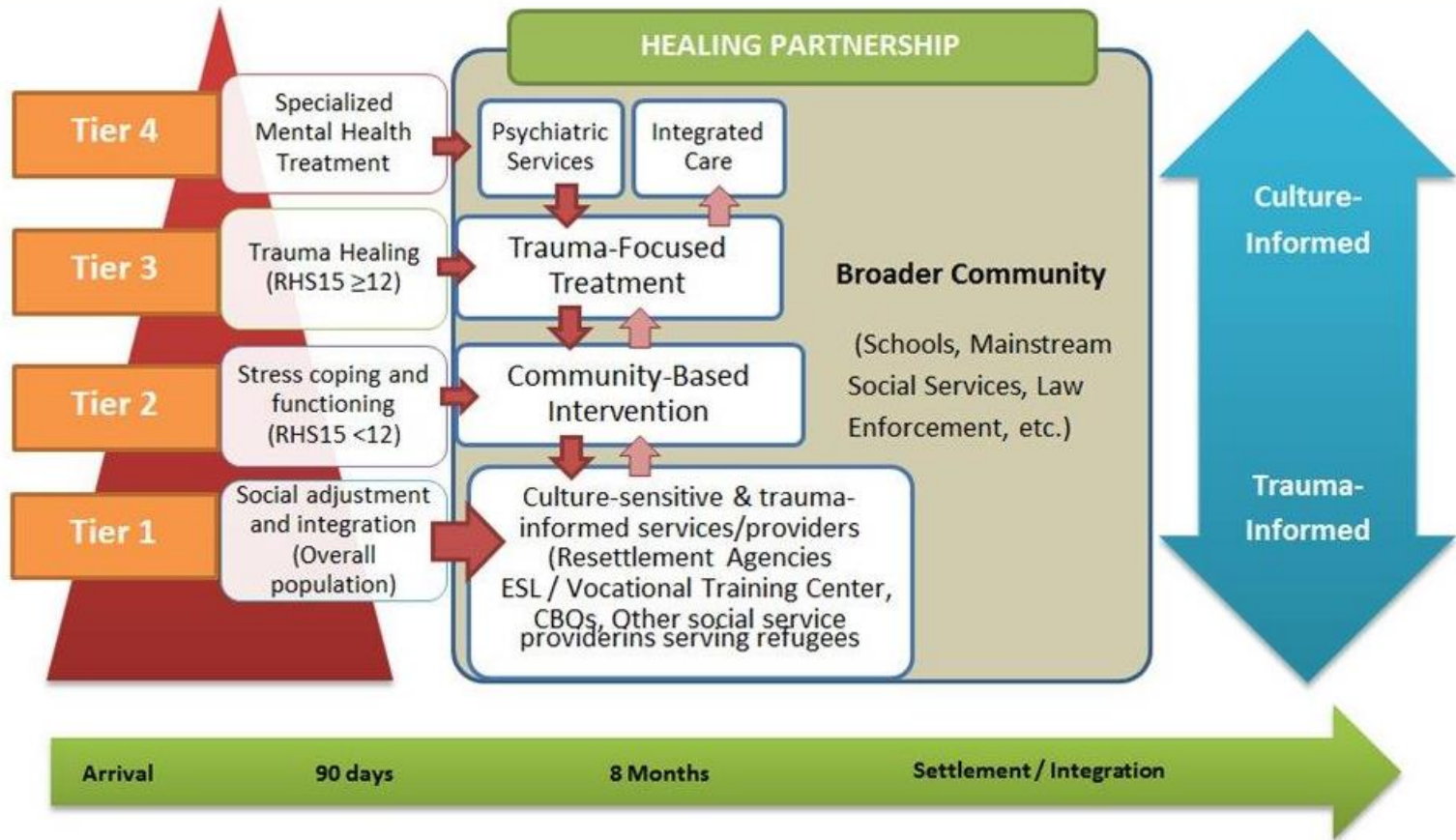














Figure: Multi-Tiered Refugee Mental Health Care Model (Im, 2014)

Mental Health ESL

Important Words: Use these words when talking to a counselor, teacher, or health care provider.

<p>Tired</p>  <p>1.</p>	<p>Pain</p>  <p>2.</p>	<p>Crying</p>  <p>3.</p>
<p>Fear</p>  <p>4.</p>	<p>Problem</p>  <p>5.</p>	<p>Worried</p>  <p>6.</p>
<p>Confused</p>  <p>7.</p>	<p>Sad</p>  <p>8.</p>	<p>Depressed</p>  <p>9.</p>
<p>Sick</p> 	<p>Emergency</p> 	<p>Medicine</p> 

Say What?

Q: How do you communicate with someone who does not speak your language in...

- Clinic admissions
- Emergency room
- School clinic
- ESL class

Navigating the Virginia Behavioral Health System

A Guidebook for Newcomers, Refugee Leaders,
Community Support Partners, and Volunteers



Virginia Department of
Behavioral Health &
Developmental Services

Guidebooks for refugee
leaders and advocates

Community Mental Health Awareness Session (COMHAS)

This 4-hour session
is aimed at helping
community
members help
themselves resulting
to stronger, healthier
communities



**Developed for community-based
intervention**

by

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QPR Suicide Prevention Training for Refugee Gatekeepers

DID YOU KNOW?

*The suicide rate for the general U.S. population is 12.4 per 100,000. The suicide rate of Bhutanese refugees resettled in the U.S. is 20.3 per 100,000.**

Suicides have also been reported in other refugee populations, including immigrants from Burma, Somalia, and Burundi.

Refugees may be more likely to experience some of the risk factors that lead to suicide due to the loss experienced in leaving one's own country and the stress and isolation sometimes associated with resettlement.

By the end of the training, participants will be able to:

- Define suicide and describe how it is viewed within refugee communities.
- Identify "risk factors" and clues of suicide.
- Use the QPR Gatekeeper method to help stop someone from attempting suicide.

Are you interested in learning more about suicide prevention in refugee communities?

Email OCLC@dbhds.virginia.gov to schedule a workshop

This 3 hour training is offered for FREE through DBHDS Office of Cultural & Linguistic Competence

Qualified Cultural Navigator – Mental Health

Required competency trainings as it relate to workforce development

Mental Health

- **Mental Health First Aid or Question, Persuade, Refer Gatekeepers Program**
- Training focused on suicide prevention, as well as early identification and referral of refugees with mental health issues using established system

Language

- **Qualified Bilingual Staff Training or Mental Health Interpreter Training**
- Training to become certified or qualified interpreters to facilitate effective communication between non-English proficient clients and the providers who do not speak the client's language

Diversity and Culture

- **Trauma-Informed Cross-Cultural Psychoeducation**
- Training refugee leaders as brokers of culture using a tiered approach of community-based interventions, self-empowerment, and bio-medical treatment to healing on issues related to refugee trauma, cross-cultural issues, and navigation of Virginia healthcare system

Facilitation Skills

- **Certified Cultural and Linguistic Competence Facilitator**
- Training to acquire thorough self-knowledge, the helping process, recognition of diversity, and development of intercultural communication skills as core component of a competent facilitator

Screening Tool

- **Refugee Health Screener (RHS) - 15**
- Use of standardized mental health screening tool to ensure that those who are at risk are identified and promptly referred for proper attention or care

Experience

- **Employment or documented volunteer work with refugees or diverse communities**
- Ability to put theory into practice and respond appropriately when situations demand for it

OCLC@DBHDS.VIRGINIA.GOV

<http://www.dbhds.virginia.gov/professionals-and-service-providers/oclc/focus/refugee-mh>